

NEW Mental Health Connection Member Meeting

Thursday, March 12, 2026



AGENDA

- **Welcome!**
- **Sneak Peek:** Mental Health Awareness Month
- **Spotlight:** Reach Counseling
- **Project Zero:** Prevention report
- **Vital Conditions and Mental Health**



Mental Health Awareness Month

Sneak Peak



Community wide game!



Social connection and *Mutual Aid* can truly improve our **mental health**. Complete the activities in the squares to get BINGO and enter to win!



A graphic of a spotlight with a yellow beam of light shining downwards.

The Connection's Agency Spotlight

A stylized yellow hummingbird in flight, positioned above the word 'reach'.

reach
C O U N S E L I N G
Healing Lives • Transforming Communities

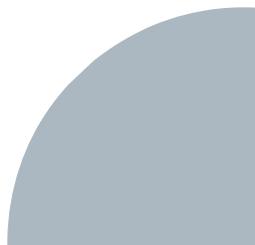
Marianne Radley Wellhouse
Director of Community Partnerships
and Special Events
Reach Counseling



reach

C O U N S E L I N G

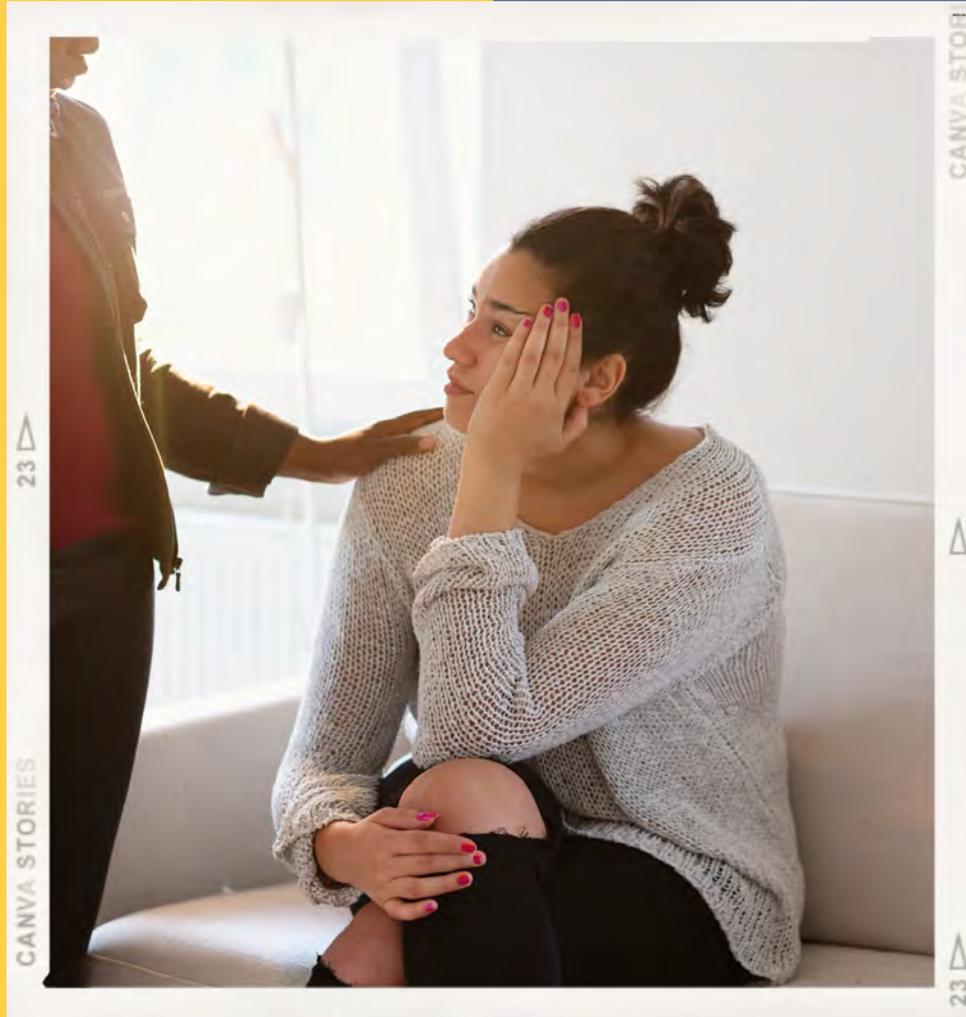
Healing Lives • Transforming Communities





MISSION

Reach Counseling is a culturally informed sexual assault service provider that offers trauma counseling, advocacy, prevention education, sex offender treatment, and supports community partners with consulting services. As an anti-violence agency, we strive to heal lives and transform communities through holistic approaches to change.





OUR PROGRAMS

8,902

PEOPLE SERVED IN 2025

Advocacy

Counseling

Prevention
Education

Sex
Offender
Treatment

215

SURVIVORS SERVED IN
2025

84%

FELT SAFER AND MORE
SECURE

88%

FELT SUPPORTED &
SOCIALY CONNECTED



ADVOCACY

To connect with advocacy services:

Marycarmen Fabian

Director of Advocacy & Latinx Community Coordinator

mcfabian@reachcounseling.com | 920-722-8150



ADVOCACY

We provide specialized programming for:

- Latina/o/x Community
- Victims of Trafficking/Exploitation
- Campus Advocacy

Services include:

- medical advocacy/accompaniment
- legal advocacy/accompaniment
- personal advocacy/emotional support
- support groups
- community outreach
- referrals to other community resources
- basic needs assistance



ADVOCACY: STRENGTHENING CLINICAL OUTCOMES

Our advocacy team works alongside our clinicians to ensure clients can fully engage in treatment by reducing logistical and stabilization barriers such as:

- Coordinating transportation to therapy appointments
- Connecting clients to food, housing, and financial resources
- Supporting medical and legal navigation
- Assisting with safety planning

When basic needs are addressed, clients are better able to:

- Focus during sessions
- Maintain consistent attendance
- Apply coping skills between appointments
- Sustain long-term treatment progress



507

SURVIVORS SERVED IN
2025

80%

MAINTAINED OR IMPROVED
OVERALL SYMPTOMS

83%

REPORT HAVING AT LEAST 2
HEALTHY COPING SKILLS



COUNSELING

To connect with counseling services:

Jamie Roovers

Clinic Director

jamie@reachcounseling.com | 920-722-8150



COUNSELING

Our therapist have specialties in:

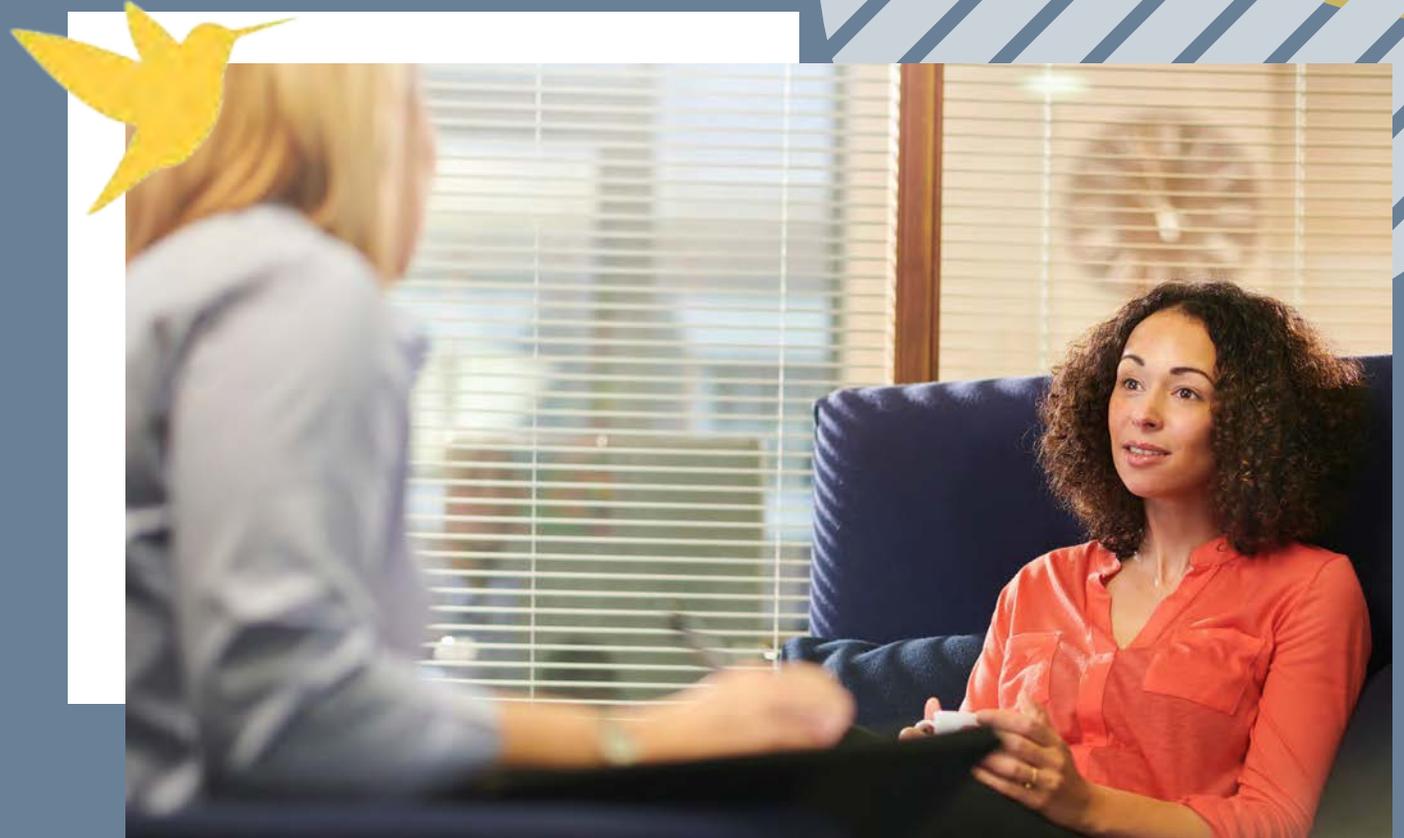
- TF-CBT
- DBT
- Brain Spotting
- Complex trauma

We provide services for:

- Survivors 5 and older whose mental health concerns are connected to experiencing sexual, physical, or domestic violence

Adverse Childhood Experiences

- 60% report 4+ ACEs
- 25% report 7+ ACEs



2025 OUTCOMES: STABILITY, HEALTH & HEALING

Client Stability

- 95% of clients reported no hospitalizations for mental health reasons since starting treatment
- 92% reported their health was maintained or improved

Trauma Recovery & Skill Building

- 94% of clients reported that participation in therapy helps them manage their trauma
- 92% of clients demonstrated improved coping skills

These outcomes reflect increased emotional stabilization and reduced crisis-level mental health needs. Clients are building practical tools that support long-term healing.



50+

SCHOOLS SERVED IN WINNEBAGO,
OUTAGAMIE AND CALUMET
COUNTIES ANNUALLY

8,053

CHILDREN RECEIVED
PREVENTION EDUCATION IN
2025

153

CHILDREN RECEIVED
THERAPY AND/OR
ADVOCACY SERVICES
IN 2025



PREVENTION



To connect with prevention services:

Halie Nabbefeld

Prevention Education Manager &
Youth and Teen Advocate

halie@reachcounseling.com | 920-722-8150





PREVENTION EDUCATION Curriculum

Reach Counseling provides prevention education for children in grades K-12 in Winnebago, Calumet, and Outagamie Counties

- K-3 presentations cover the “Protect Yourself Rules” with different age appropriate activities
- 4th graders learn new “Protect Yourself Rules” that include online safety and an introduction to healthy relationships
- 5th graders are introduced to sexual abuse, sexual harassment, and learn more about online safety
- Middle and High School presentations involve 2 days of material that include: sexual abuse, sexual harassment, sexual assault, consent, FRIES model for consent, sexting, child sexual abuse material, grooming, and bystander intervention



Sex Offender TREATMENT

116

ADULT OFFENDERS
TREATED IN 2025

13

JUVENILE OFFENDERS
TREATED IN 2025

To connect with sex offender treatment services:
Jamie Roovers, Clinic Director and Sex Offender
Treatment Manager

jamie@reachcounseling.com | 920-722-8150



7% reoffense rate

The National reoffense rate is 31%



Zero

Zero juvenile offenders who have completed
our treatment program have later shown up in
adult offender records



Group & Individual Treatment

Counselors provide group psychoeducation as
well as one on one treatment.



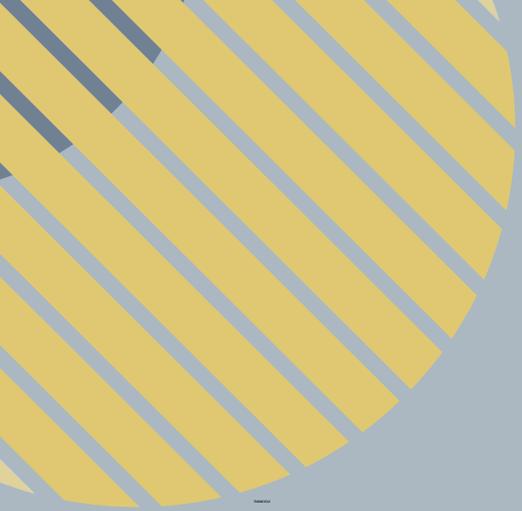
VOLUNTEER Opportunities

10

VOLUNTEER
ADVOCATES

Volunteer On Call Advocate

- Volunteer Advocates provides crisis intervention and emotional support 24/7 to survivors of sexual abuse and their friends/family.
- Volunteer Advocates provide these services over the phone or in person at local hospitals and police stations.
- Volunteer Advocates work alongside medical and legal professionals to ensure survivors are supported, reducing further trauma and re-victimization while tending to a survivor's emotional needs.
- Advocates are in charge of which shifts they take so the schedule is very flexible.



reach

COUNSELING

THANK YOU!

STAY CONNECTED WITH US!
FOLLOW US ON:



PROJECT ZERO
ADULT SUICIDE
DEATH REVIEW

CALUMET | OUTAGAMIE | WINNEBAGO

SUMMARY
REPORT | 2022 -
2025

collaboration



Project ZERO

EVERYONE MATTERS

Lindsey DeVries,
Community Suicide
Prevention Coordinator



Strengthening Fox Cities-A Data-Driven Approach to Sustainable and Equitable Suicide Prevention (also known as Project Zero)



Goal: Expanding the work of Suicide Death Review teams across the Tri-County

Tri-County Adult Suicide Death Review Summary Report:

- Background and history
- Partners needed for a Suicide Death Review team
- Importance of data reporting
- County Profiles (Calumet, Outagamie and Winnebago)
 - including average rates of suicide among ages, gender and means.
- Themes of Recommendations
- Sample of Recommendations by sector (Healthcare, Employers, Community)
- Suicide Prevention Action Team
- Call to Action



Wisconsin's Suicide 5-year Prevention Plan 2025

Standardize and Enhance Suicide Death Review



Goal: Work in collaboration with existing organizations to standardize and enhance capacity for investigating and reporting suicide deaths.

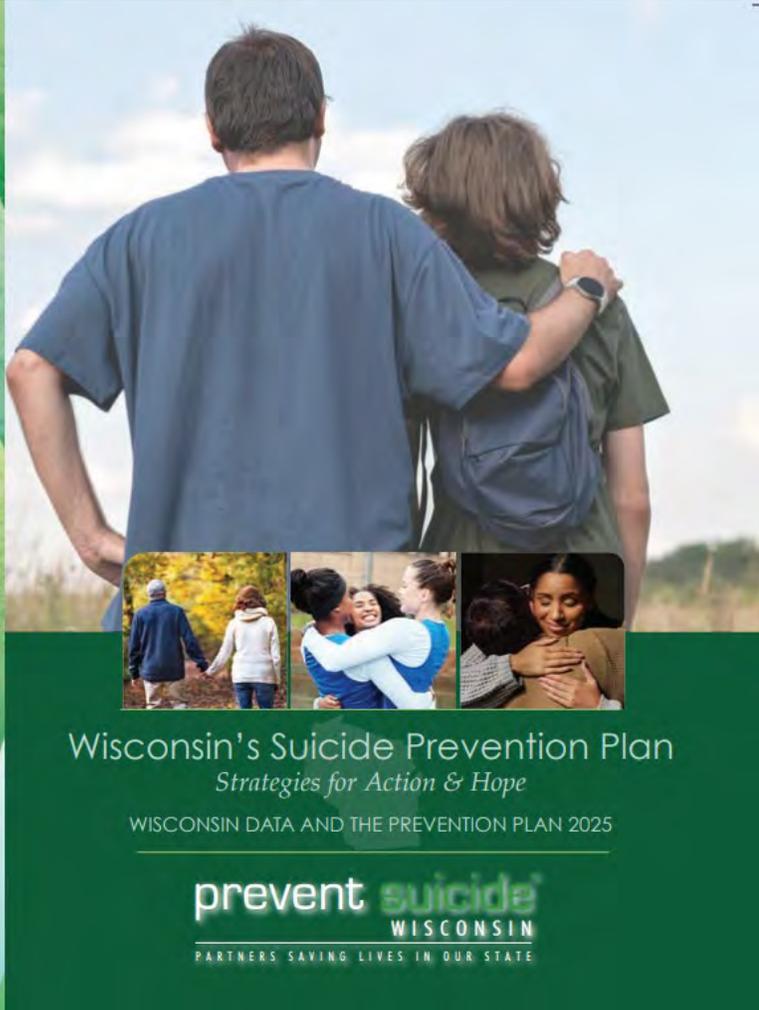
A Suicide Death Review Team (SDRT) is a group of local multi-disciplinary organizational representatives who review individual suicide deaths using all data and information available on the factors and circumstances leading up to the death. The goal of the review is to identify gaps and potential opportunities for improved prevention efforts on the local level.

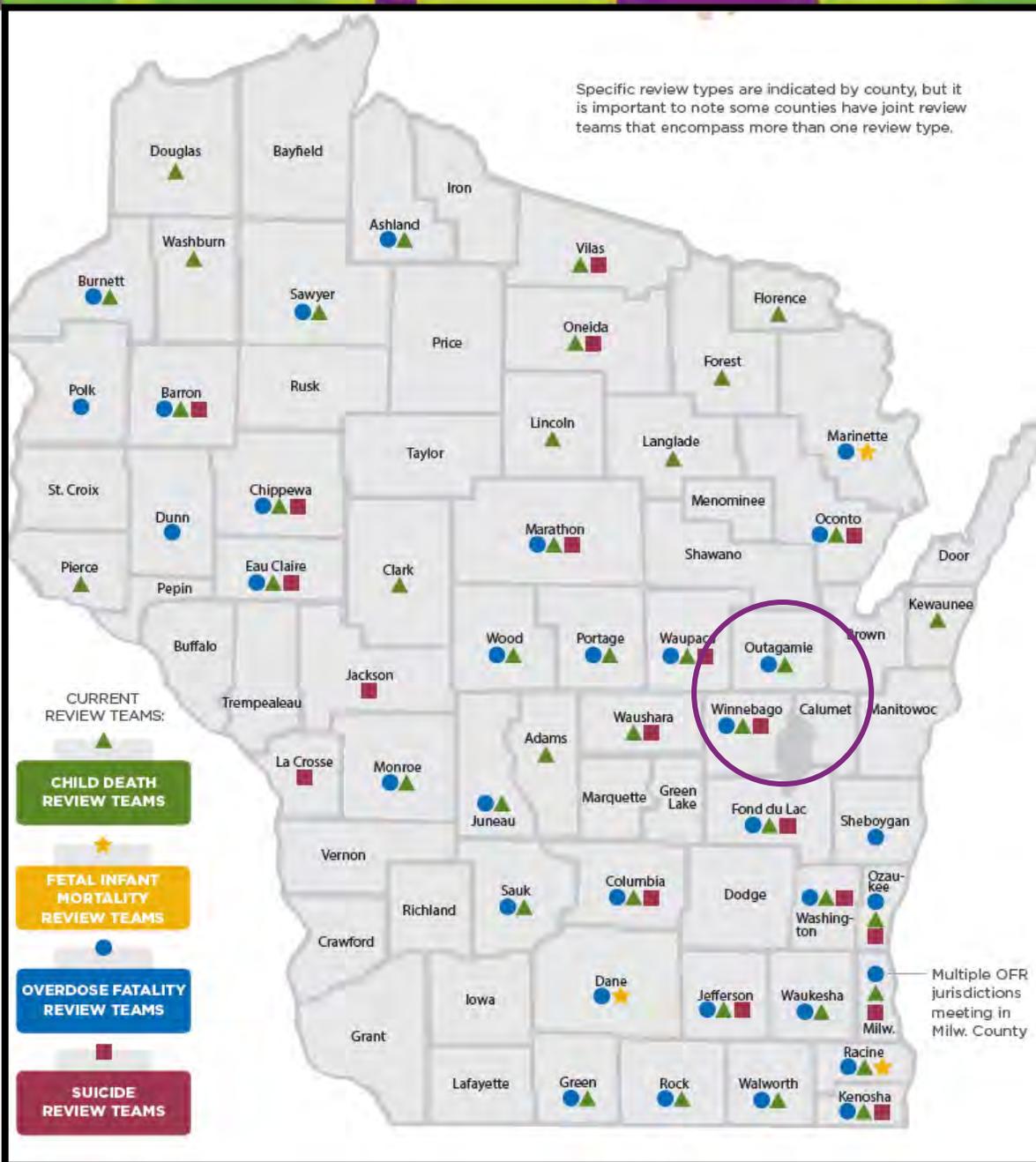
Objective:

Expand the number of active suicide death review teams across the state to strengthen prevention efforts.

Action Steps:

1. Establish a partnership with the medical examiner's or coroner's office to obtain access to case data.
2. Utilize suicide and self-harm data dashboards to guide selection of cases to review and analyze big picture trends in suicide.
3. Collect next of kin interviews with someone close to the decedent to gather further insight about the circumstances surrounding the death to benefit the investigation.
4. Convene a multi-disciplinary team to participate in suicide death reviews. Medical examiners, public health, law enforcement, crisis responders, behavioral health providers, government partners, and people with suicide-centered lived experience are essential partners.
5. Send SDRT meeting agendas and all relevant information to brief partners on the contents of the review at least two weeks before the meeting.
6. Generate recommendations based on trends and establish action steps to advance them. Regularly review progress with the SDRT.
7. Share best practices to support the development of SDRTs in communities of practice.

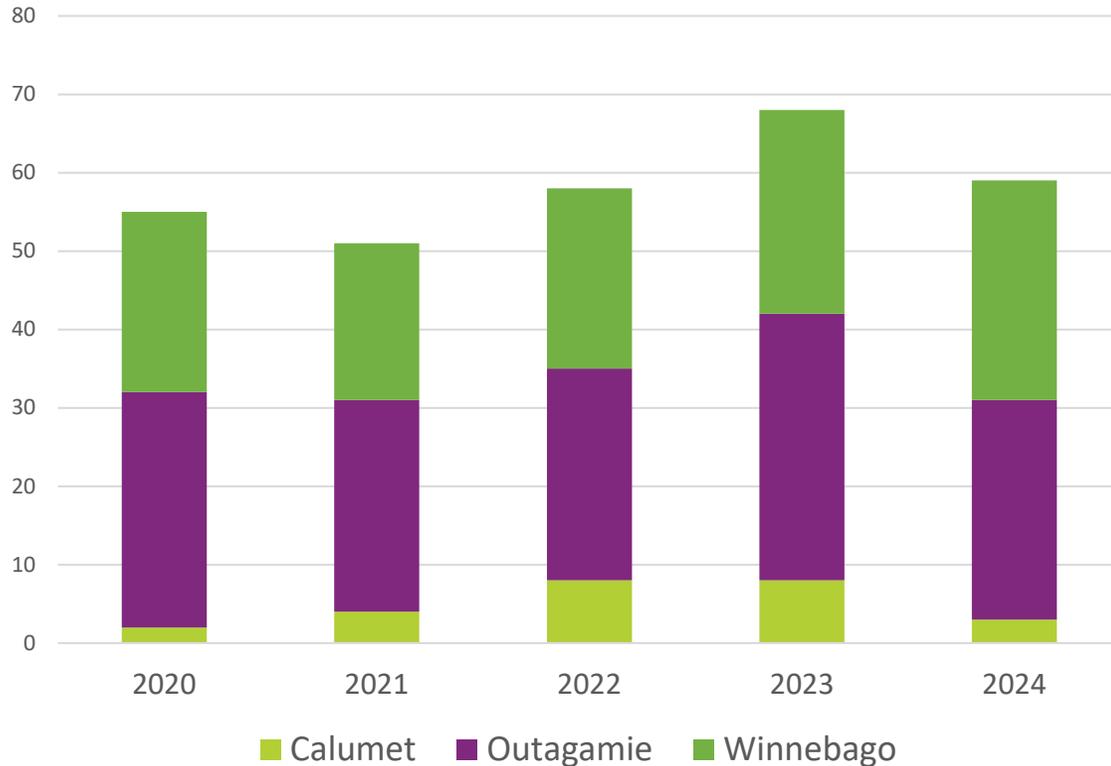




19 suicide review teams
 across the state
 *as of 11/2025

Since 2022, 12 more teams
 were created

Tri-County Suicides



24% of suicides in Winnebago and Calumet counties were reviewed from 2022-2025.

Review Findings:

- **63%** of decedents saw a healthcare provider within 3 months of their death, 47% saw a provider within 30 days of their death.
- **53%** of decedents had problems with sleep and/or insomnia.
- **73%** of decedents had substance use challenges, however only 17% of decedents were impaired at time of death.
- **53%** of decedents had financial concerns.
- **86%** were male
- Average age was 43 years old
- **21%** were Veterans
- **79%** were not in a relationship or going through a divorce/break up

RECOMMENDATIONS



The Winnebago County Adult Suicide Death Review (ASDR) Team has generated over 60 suicide prevention recommendations since 2022. The Tri-County Suicide Prevention Action (SPA) Team is the action arm of the ASDR team tracking and advancing these recommendations. (See page 12 for more information on the SPA Team).

Themes

- **Prevention Training** – Expand evidence-based trainings such as Question, Persuade and Refer (QPR), Mental Health First Aid, Youth MHFA, and Emotional CPR for a variety of community audiences.
- **Lethal Means Safety** – Promote secure storage practices; integrate checklists for probation and parole; include suicide warning signs in residential settings.
- **Improved Systems Communication** – Strengthen coordination across justice, health care, and social service systems (example: release of information forms between providers).
- **Education & Awareness** – Provide targeted suicide prevention education for employers, faith leaders, health care providers, and school staff.
- **Postvention Care** – Postvention = Prevention. Ensure consistent follow-up resources for families, peers, and workplaces affected by a suicide loss.
- **Stigma Reduction** – Normalize help-seeking behaviors, promote public campaigns that encourage “reaching in” and out, and use best-practice suicide language.
- **Policy Change** – Address state laws and funding gaps related to mental health access, inpatient bed capacity, and evidence-based best practices for suicide care embedded across systems.
- **Access to Care & Resources** – Expand peer support specialists, wrap-around services, culturally-informed strategies, and continuity of care during care transitions.

Healthcare

- Continue to promote Zero Suicide's framework as the leading evidence-based best practices for suicide prevention within healthcare systems to enhance patient safety and outcomes.
 - Including implementation of the suicide safe care protocols to ensure timely follow-ups between an emergency department visit and next medical appointment for individuals presenting with suicidal ideation.
- Ensure medical staff have the proper training in the administration of screening instruments to support clinical decision making and the early detection of suicide risk.
- Recommend referral for substance use assessment when substance misuse is a repeated part of patient's history.
- Establish a process for healthcare providers to maintain and annually distribute up-to-date information on community resources and free support groups.

Employers

- Promote education within the workplace on sleep wellness (as insomnia has been identified as a significant risk factor).
- Provide education for workplace human resources on the importance of providing resources to retirees with social support groups to aid in the transition to retirement.
- Offer education on suicide risk and warning signs for employers of 3rd shift employees, particularly those in the food/beverage industry or jobs with non-livable wages.
- Provide education for employers: Educate Human Resource Departments on mental health resources and referrals.

**Recommendations
broken out by sector**

Recommendations by Sector continued

Community

- Promote and expand access to Mental Health First Aid and QPR trainings to equip community members with the knowledge and skills to recognize and respond effectively to mental health challenges.
- Implement targeted suicide prevention education initiatives for key community stakeholders, including District Attorney's offices, employers, faith leaders, and primary care providers.
- Provide assistance in navigating essential services and basic needs systems, including housing, healthcare and food, to promote overall well-being.
- Expand and deepen the role of peer support specialists and community health workers to provide stronger social support for individuals who are not thriving.
- Increase accessible, inclusive and substance-free social opportunities to support resilience, belonging and community health.

For a complete list: Please go to the Connection's website by scanning this QR code



Project ZERO
EVERYONE MATTERS

The Connection's Organizational Website

A screenshot of the website's navigation menu. The "Initiatives" dropdown menu is highlighted with a red circle. Below the navigation bar, there are links for "Overview", "Mind Your Wellness Survey", "Strong Minds 4 Men", and "Suicide Prevention Action Team". The main content area features a section for "Project Zero | Suicide Prevention Action Team" with a description, mission, vision, meeting summaries, and partnering organizations.

The Connection
N.E.W. MENTAL HEALTH

Home About Us Membership **Initiatives** Resources & Training News & Events Contact Us

Overview Mind Your Wellness Survey Strong Minds 4 Men Suicide Prevention Action Team

Project Zero | Suicide Prevention Action Team

The Suicide Prevention Action (SPA) team is a Tri-County effort that includes representatives from public health departments, healthcare, physical and mental healthcare systems, veterans' services, school districts, identify-based organizations, nonprofits and local suicide prevention groups.

Mission
Engage Tri-County community suicide prevention stakeholders to create a culture of connection and collaboration to reduce suicides and increase our collective knowledge of evidence-based approaches to suicide prevention.

Vision
Zero suicides in the Tri-County

Meeting Summaries

Partnering Organizations

- American Tissue Services Foundation
- Ascension Wisconsin
- Calumet County Health Department
- Catalpa Health - Mental Health & Wellness for Kids
- Center for Suicide Awareness
- CESA 6 | Cooperative Educational Service Agency 6

www.newmentalhealthconnection.org

Prevention Recommendations:

Prevention Training:

Lethal Means Safety:

Improved Systems Communication:

Education and Awareness:

Postvention Care:

- Postvention care for all family/household members, especially when multiple deaths have occurred within a family.
- Postvention care and resources for individuals experiencing a loss while incarcerated.
- A policy for healthcare systems to provide postvention care and resources to behavioral health providers that lose a patient to suicide.
- Provide follow-up with suicide loss resources to families.

Contact Info:

Lindsey DeVries

Community Suicide Prevention Coordinator

lindsey@newmentalhealthconnection.org

Project ZERO
EVERYONE MATTERS

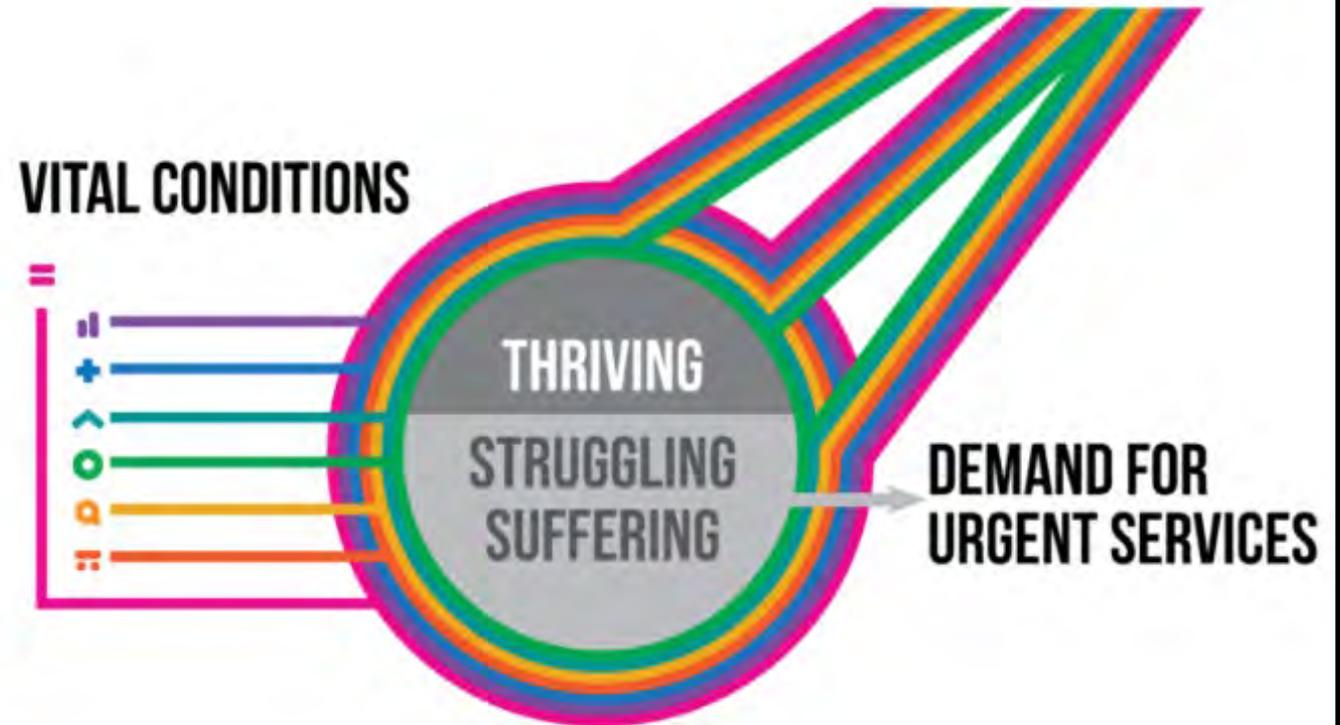
The Vital Conditions framework and Mental health



The Vital Conditions for Health and Wellbeing

The “conditions we all need all the time to be healthy and thrive.”

- Belonging and Civic Muscle
- Thriving Natural World
- Basic Needs for Health and Safety
- Humane Housing
- Meaningful Work and Wealth
- Lifelong Learning
- Transportation



A framework to understand how essential environmental factors shape well-being

Belonging & Civic Muscle are Central

Belonging & Civic Muscle

- Feeling included and respected
- Opportunities to participate in community life and decision-making
- Strong social connections

Why it matters: Loneliness and lack of belonging are among the **strongest predictors of depression and anxiety.**



Connected

Fox Valley

Mental health \neq absence of mental illness



And it doesn't occur in a vacuum

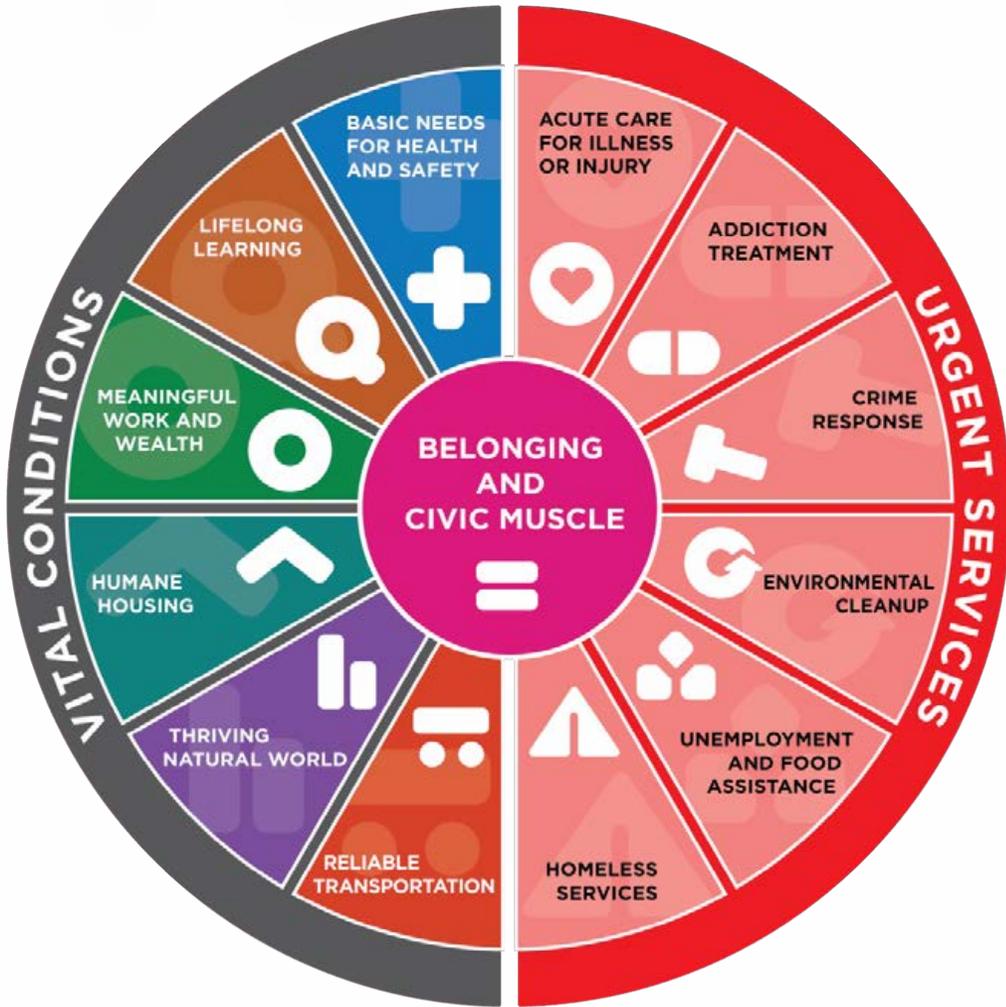
It affects how we think, feel, relate to others, handle stress, and make decisions.

Mental Wellbeing



Mental health is often described as both:

- **A vital condition AND an outcome shaped by all the vital conditions**
- For example:
 - Supportive relationships → lower stress
 - Safe housing → better emotional stability
 - Learning and employment → increases purpose, confidence, and social connection



Health is not just about health care or individual choices.

- Where we live, work, learn, move, and belong determines whether we can thrive.
- Poor conditions can create chronic stress, trauma, or reduced opportunity—leading to higher rates of anxiety, depression, substance misuse, or burnout.

Vital Conditions shape whether communities thrive

- When any of these conditions are inaccessible, there is an over-reliance on urgent services, showing up as illness, stress, and instability.

NO amount of urgent services can produce thriving.

Thriving is on the Decline

* Measures "current" and "future" life satisfaction; lower scores on future indicate rising level of HOPELESSNESS

* First time since 2020 that THRIVING has been below 50% for two consecutive measurement periods.

* An estimated 27 Million fewer Americans than 4 years ago

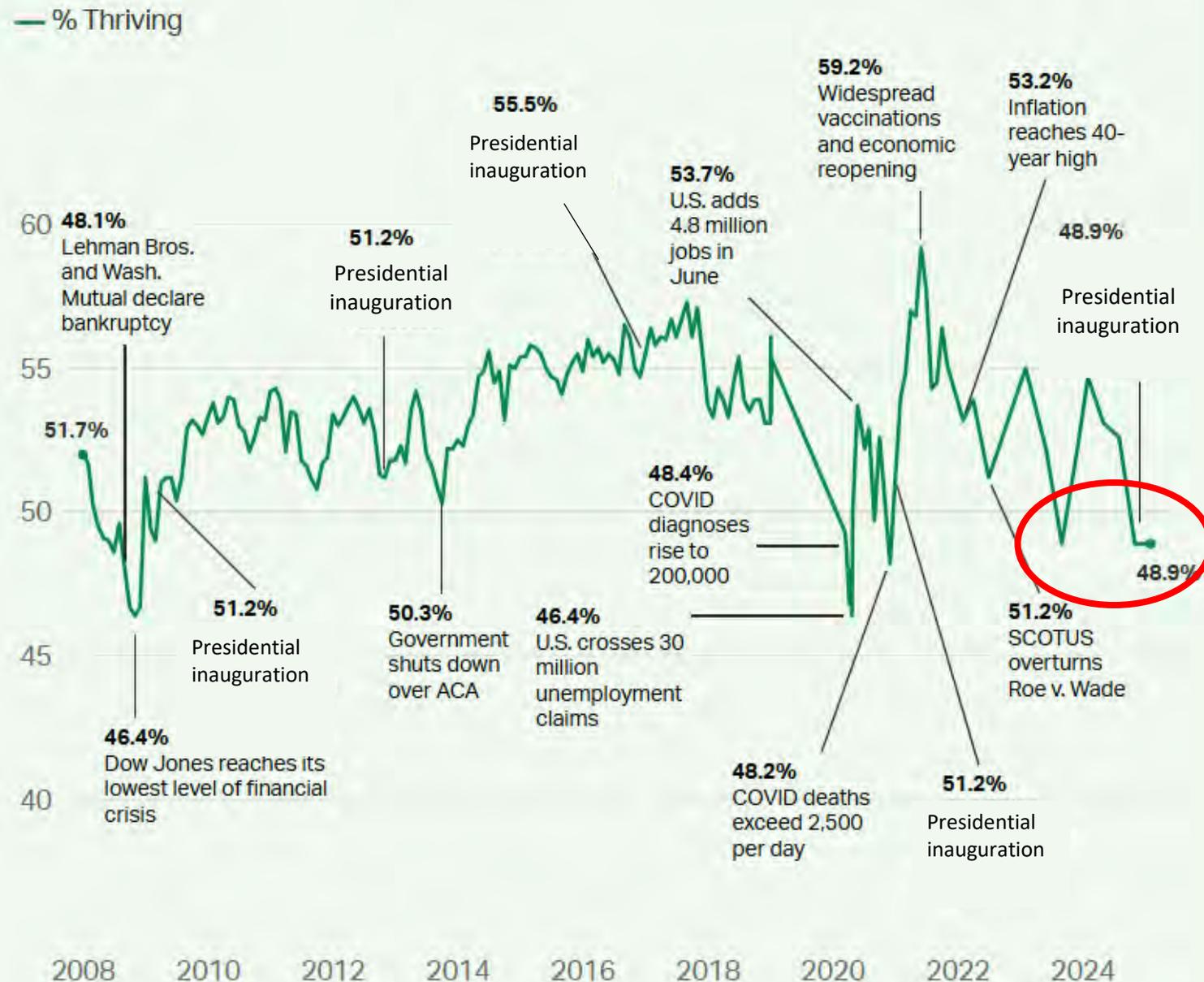
Data from January 2008-August 2019 and from August 2020 are based on the Gallup National Health and Well-Being Index; data from March 2020-current estimates (excluding August 2020) are from the Gallup Panel.

Get the data • Download image

GALLUP

U.S. Life Evaluation Slumps to Pandemic-Era Levels

Thriving rate below 50% in two measurements in a row for first time since 2020



Mental health is consistently ranked in the top 3

- **Mental health** not as a standalone problem, but as a symptom of broader community conditions, including:
 - Wealth inequality
 - Housing challenges
 - Family economic instability
 - Social isolation
 - Transportation barriers
 - Low sense of belonging
- These conditions collectively drive **stress, disconnection,** and **worsened mental health** across the region.
- Protective factors like **belonging, social connection, physical activity, and access to behavioral health care** are critical.



Invest in Vital Conditions → Improve Mental Well-Being → Lift Life Evaluation



Access to
Vital
Conditions
=
Improved
Mental
Wellbeing



Opportunities to get involved!





FREE CEUs!

Part 1 of 2:

Addressing Family & Support Systems of Transgender Individuals for Helping Professionals

WHEN: Tuesday, April 14th from 12-1

WHERE: via Zoom- www.newmentalhealthconnection.org to register

WHO: Members of The Connection

HOW MUCH: FREE for Members!



ALL YEAR long



Addressing Family & Support Systems of Transgender Individuals for Helping Professionals

Addressing Crisis Needs with Minoritized Youth

Two-Part Series
Tues., April 14, &
Tues., May 12, 2025

Tues., June 16, 2026

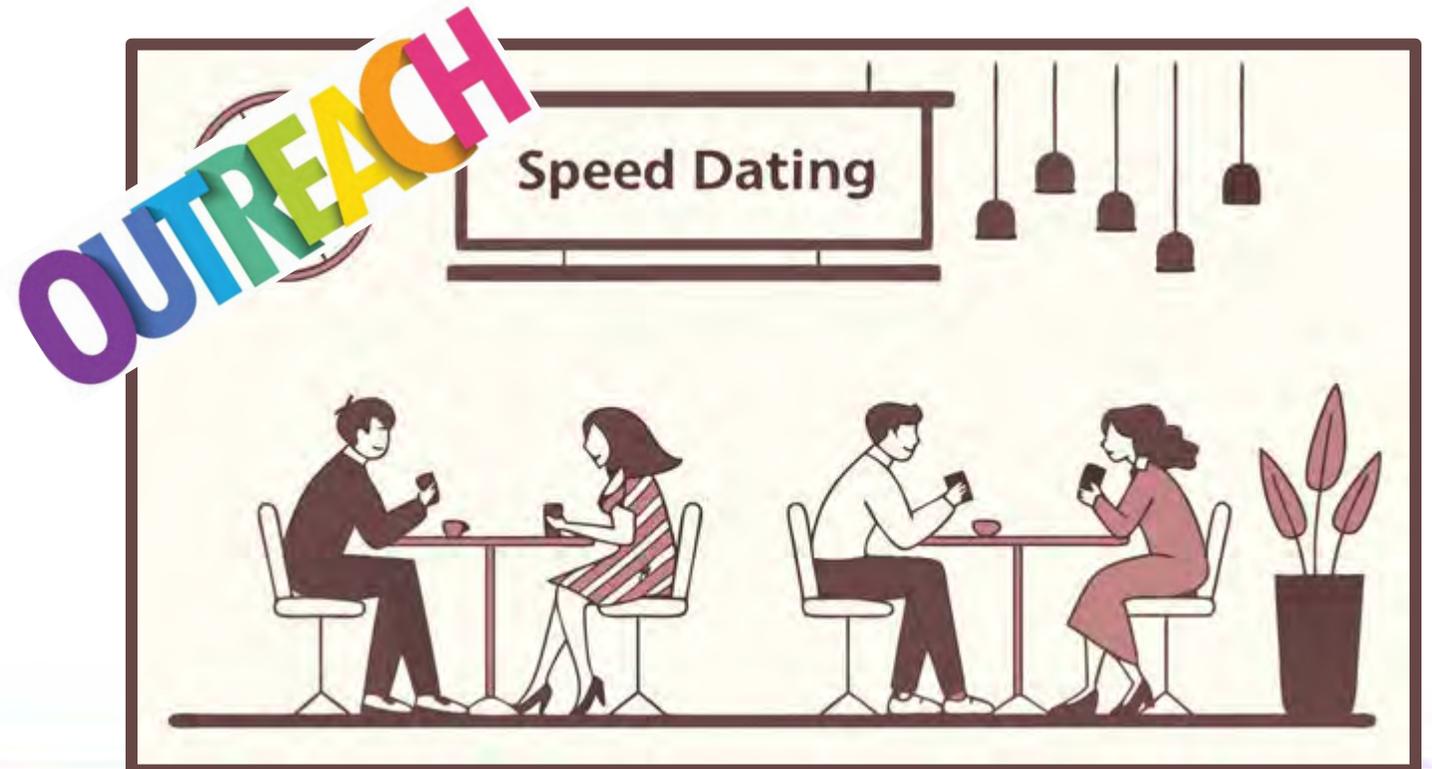


Looking to reconnect and learn more about resources...

Look no further! We are bringing back the Outreach Learning Circle:

- **What:** Opportunity to (re)build professional connections and facilitate warm hand offs, improve collaboration between agencies, and better understand the needs or gaps within the community.
- **Who:** Outreach Representatives, intake staff, social workers, discharge planners
- **Where/When:** TBD

Reach out to Jody Richter at Jody.Richter@rogersbh.org if you are interested in being a part of this Learning Community!





**Wisconsin Zero Suicide
2026 Training
July 28-30, 2026**



**Applications OPEN: [Link HERE](#)
[Call for Applications PDF](#)**

Application Deadline: Monday, April 20, 2026

Tier 2 of Wisconsin's Suicide Prevention Plan: Strategies for Action and Hope is prevention and intervention across the continuum of care. It includes a goal to promote the systematic Zero Suicide approach, rooted in the understanding that suicide can be prevented in people receiving care in health and behavioral health systems.

<https://www.mhapwi.org/>



MHAP

MENTAL HEALTH ACTION PARTNERSHIP



A coalition focused on equitable access and continuous improvements in integrated mental health care

Current workgroups:

- **Data:** 2nd Tuesdays, 3:00 – 4:00 pm
- **Workforce:** 2nd Thursdays, 11:00 am – 12:00 pm
- **Medicaid:** 3rd Wednesdays, 3:00 – 4:00 pm
- **Criminal Justice:** 3rd Wednesdays, 12:00 – 1:00 pm
 - Ch. 51 Learning Session:
 - [Issues and Effective Practices handout](#)
 - [Recording](#)

Slide deck & recording of today's meeting can be found at:

www.newmentalhealthconnection.org



“
*Believe you can
and you're
halfway there.*

Theodore Roosevelt
”

Next Meeting:

May 14, 2026

in person at Catalpa 7:30-8:30 or Zoom 11:30-12:30PM